



NAVAL COMPUTER AND TELECOMMUNICATIONS
AREA MASTER STATION,
ATLANTIC DETACHMENT,
ROTA, SPAIN
PSC 818 BOX 33
FPO AE 09644-0033



PLAN OF THE WEEK
28 February – 06 March 2005

(Inputs for the upcoming week's POW are due to YN1 Richards/YNC Connelly NLT COB on Wednesdays.)

FORCE PROTECTION CONDITION: BRAVO

Per OPNAVINST 3120.32, all hands are required to read the Plan of the Week

Officer in Charge: LCDR S. Cox
Command Duty Officer: Cell: 646-959-847 (VPN: 8-2873)
Duty Yeoman: 650-800-807/620-317-192
Safety Manager: ET2 Molina
Security Manager: LCDR S. Cox x1116
Chaplain: LT Peters x2161
CMEO: ITCM(SW) Medina x3150
EKMS Manager: ITC(SW) Mills x2137 (VPN: 8-2137)
Sexual Harassment Hotline: DSN: 312-882-2507
Comm: 001-901-874-2507

Assistant Officer in Charge: LT D. Heidenescher x2334
Senior Enlisted Leader: SKCM(SW) O. M. Sanchez x1262
Chief Master at Arms: ICC(SW) Tolbert x2281 (VPN: 8-2281)
DAPA: IC1(SW) Boyer x2080
Command Career Counselor: ET1(SW) Williams x1584
Ombudsman: Mrs. Wanda Ullrich Cell: 669-170-621
Civilian EEO: NAVSTA Human Resource Office
Fraud, Waste and Abuse Hotline: x2042 / DSN: 235-4255
NNSOC IG Hotline: DSN: 312-249-0502 / 5645
Comm: 001-540-653-0502 / 5645

UNIFORM OF THE DAY

<u>Pay Grade</u>	<u>Prescribed Uniform</u>	<u>Alternate Uniform</u>
E-7 and Above	Winter Blues/Khaki	Dress Blues
E-6 and Below	Utilities	Winter Blues

WATCHES

(Note: The POW only lists the duty section, personnel are required to review the Quarter Deck Watch Bill for assigned watches.)

Date:	Monday, 28 Feb 05	Tuesday, 01 Mar 05	Wednesday, 02 Mar 05	Thursday, 03 Mar 05
CDO	ET1(SW) Ullrich	IC1(SW) Boyer	IC1(SW) Boyer	IC1(SW) Boyer
Duty Section	BRAVO	CHARLIE	ALPHA	BRAVO
Date:	Friday, 04 Mar 05	Saturday, 05 Mar 05	Sunday, 06 Mar 05	
CDO:	IC1(SW) Boyer	IC1(SW) Boyer	IC1(SW) Boyer	
Duty Section	CHARLIE	CHARLIE	CHARLIE	

CALENDAR OF EVENTS

Monday, 28 Feb 05	Tuesday, 01 Mar 05	Wednesday, 02 Mar 05	Thursday, 03 Mar 05	Friday, 04 Mar 05
	0700 – PT (Base Gym) 1000 – Pre-Dept Head Mtg 1630 – Dept Head Mtg		0700 – PT (Base Gym)	

OUR PHILOSOPHY

P **PRIDE...** We are citizens of countries dedicated to freedom and democracy and members of the most elite fighting force in history. We take pride in both and behave accordingly. Military courtesies, decorum, proper physical conditioning, appearance, and respect for diverse backgrounds all reflect that pride and are in the finest traditions of the U.S. Military. Patriotism is an honor to uphold.

R **RESPONSIBILITY...** Accountability is an inherent expectation of military professionals. Exercising the authority commensurate with our positions and delegating authority to those with the appropriate skills and experience are essential to fulfilling the unit mission. Taking the initiative to find more effective ways of meeting mission goals while accepting full responsibility for our actions is an expectation of the entire team.

I **INTEGRITY...** The courage to stand up for what is right, to insist on honesty, fairness, and respect in the performance of our duties, and to strive for the pinnacle of excellence in all that we do are critical qualities to be expected of all members of the team. Honoring the laws of our host nation, abiding by the rules and regulations of the military, and respecting good order and discipline are an integral part of our professional lives.

D **DEDICATION...** Commitment to fulfilling the unit mission is an integral part of our commitment to fulfilling the overall mission of the U.S. Navy. Doing so with the utmost professionalism and teamwork is consistent with the fact that we are part of a special group in the service of international security. Our greatest sense of fulfillment is in recognizing that we are all part of something greater than our individual selves.

E **EMPOWERMENT...** Each of us is an important and valuable part of the military organization. No job is insignificant. Fulfillment of the unit mission is dependent upon each of us doing our part, to include acting as mentors in nurturing the skills of our fellow Sailors. Professional development opportunities, whether formal or informal, not only advance individual careers but also enhance the performance of the unit as a whole.

OFFICIAL NOTES

1. **From the OIC: Leadership:**

- "Management is a mental game. The better you think, the greater the results you'll achieve."
- Ask yourself regularly, "What is the most valuable use of my time right now?"

NAVY WIDE ADVANCEMENT EXAM

1. **Change...Change...Change!** Just in case you have not been informed, the location for the Advancement Exam has changed. It will now be held at Reflections vice the Galley. That's right at Reflections at the following times:

E6 - Thursday, 3 Mar 05 @ 0700

E5 - Thursday, 10 Mar 05 @ 0700

E4 - Thursday, 17 Mar 05 @ 0700

Personnel taking the Exam must be in the Uniform of the Day and report prior to 0700. If you are late, you could miss your opportunity to advance.

FROM THE CCC

1. **CONSEP Workshop:** The First Term Career Options and Navy Skills Evaluation Program (CONSEP) Workshop has been scheduled for **28-31 March 2005**. This Course is a great tool for Sailors and commands. This is a holistic approach to career change and transition education. Participants create their own company, Me, Inc. and use sound business principals to formulate a personal mission statement, vision, product identification, financial strategy including profit margins, and product improvement resources. Recent graduates are calling it the "most exciting Navy workshop ever delivered." What is so awesome, is that our Sailors can earn 2 undergraduate or graduate credit hours of college credit with an accredited institution.

ALL NEW CHECK-IN'S

1. **Base Housing Policy Change:** As of 1 April, all incoming accompanied personnel, regardless of rank, will be required to move into base housing if it is available.

SAFETY NOTE - FIRE SAFETY

1. **Smoke Detectors:** One is definitely NOT enough! Every home should be equipped with smoke detectors on every level, particularly outside of sleeping areas. Ensure that your smoke detectors are tested monthly and batteries are replaced twice a year. Change batteries when you change your clocks. Encourage children to help test the smoke detectors. Familiarize them with the sounds of the alarm(s).

SECURITY NOTE

1. **Don't let your Information Security Program have holes in it - SECNAVINST 5510.36, Chap 4, para 4-2** - Information that requires protection against unauthorized disclosure in the interest of national security shall be classified at the Top Secret, Secret, or Confidential levels. Except as otherwise provided by statute, no other terms shall be used to identify U.S. classified information. Terms such as "For Official Use Only" (FOUO) or "Secret Sensitive" (SS) shall not be used for the identification of U.S. classified information.

HEALTH PROMOTIONS

(March-Nutrition month)

1. **Nutrition Tip of the Month:** If you don't eat fruit now or have only juice at breakfast, add a serving to your meals or have it as a snack. Add fruit to plain or flavored yogurt for added nutrients and fiber. Make sure to eat fruits canned in their own juice if you are unable to buy fresh. Sugar and high fructose corn syrups have added calories that add up to unwanted pounds over time.

SOME FACTS ABOUT CLUB DRUGS

Methamphetamine. Slang or Street Names: **Speed, Ice, Chalk, Meth, Crystal, Crank, Fire, Glass**

Methamphetamine is a toxic, addictive stimulant that affects many areas of the central nervous system. The drug is often made in clandestine laboratories from relatively inexpensive over-the-counter ingredients. It is used by diverse groups, including clubgoers, in some areas of the country. Methamphetamine has been available in western and southwestern regions of the country for several years, but appears to be increasingly available in other regions. Methamphetamine can be smoked, snorted, injected, or ingested orally. It is a white, odorless, bitter-tasting crystalline powder that dissolves easily in beverages. Methamphetamine is typically sold through networks; not on the street like many other illicit drugs. Methamphetamine abuse is associated with serious health consequences, including memory loss, aggression, violence, psychotic behavior, and cardiac and neurological damage. Methamphetamine abusers typically display signs of agitation, excited speech, decreased appetite, and increased physical activity levels. Methamphetamine is neurotoxic. Abusers may suffer significant reductions in dopamine transporters and receptors. Methamphetamine abuse can contribute to higher rates of infectious disease transmission, especially hepatitis and HIV/AIDS. NIDA's 2003 MTF study found that 3.2 percent of 12th-graders, 3.3 percent of 10th-graders, and 2.5 percent of 8th-graders had used methamphetamine within the past year.

PHYSICAL FITNESS

1. Thanks to all hands for their participation in the Det 5k Run on Thursday, 24 February. Your attendance and participation was commendable. I know we'll all be looking forward to the next fun fitness activity, in March.


M. T. CONNELLEY
By direction